

PHOTO GALLERY



Tai Chi is offered every Thursday afternoon for our residents, and it offers a multitude of benefits for seniors. Tai Chi promotes both physical and mental well-being. It's gentle, flowing movements improve balance and flexibility, which assists in preventing falls and maintaining mobility in older adults. The practice enhances muscle strength and coordination, which can aid in daily activities and reduce the risk of injury.

Beyond the physical advantages, Tai Chi is renowned for its calming effect on the mind, reducing stress and anxiety while promoting relaxation. At Yack Health we consider mental health as vital as physical health and Tai Chi serves as a holistic approach to wellness, fostering a sense of peace and tranquility among residents. Additionally, the social aspect of practicing Tai Chi in a group setting can combat loneliness and create a supportive environment improving overall quality of life.



Students from Catholic College Wodonga will be at Yack Health for the next couple of weeks completing their work experience with the Lifestyle department.

Pictured with Veronica are Breaa on the left and Ella on the right, all enjoying coffee and scones for morning tea. Both girls are currently in Year 11 and looking at future careers in the health field. We take the opportunity to thank the girls for their time and effort in working alongside us and taking time to get to know the residents.

Nancy [L] enjoying doing some painting and Jean [R] playing the piano for all to enjoy.



It is loving to see the creative natures of so many of our residents.

THE WEEK THAT WAS 30th March – 5th April 2024



George & Francis Glass
65 Years
&
11 Children
CONGRATULATIONS



And that's a wrap.
EASTER 2024
The Easter Bunny dropped off a parcel for each resident.



Be Seated

P	T	H	R	O	N	E	O	Z	Z	X	S	Z	A
B	T	X	R	E	T	S	O	O	B	B	C	R	Y
E	A	R	M	C	H	A	I	R	H	T	O	O	B
N	A	V	I	D	M	C	E	S	I	A	H	C	P
C	U	S	H	I	O	N	A	S	W	B	A	K	A
H	S	K	I	L	I	F	T	E	E	C	S	E	P
S	A	D	D	L	E	P	P	A	L	V	S	R	A
E	H	K	C	A	B	G	N	I	W	B	O	K	S
T	T	E	O	Z	A	B	U	T	O	N	C	L	A
T	R	I	U	N	A	M	O	T	T	O	K	L	N
E	A	E	C	G	F	U	T	O	N	A	F	O	S
E	C	X	H	L	O	O	T	S	T	O	O	P	E

ARMCHAIR
BEANBAG
BENCH
BLEACHER
BOOSTER
BOOTH
CART
CHAIR
CHaise
COUCH

CUSHION
DIVAN
FUTON
HASSOCK
LAP
LOVESEAT
OTTOMAN
PAPASAN
PEW
RECLINER

ROCKER
SADDLE
SETTEE
SKI LIFT
SOFA
STOOL
STOOP
THRONE
WINGBACK
ZABUTON

BE CAREFUL WITH YOUR WISHES!!!!

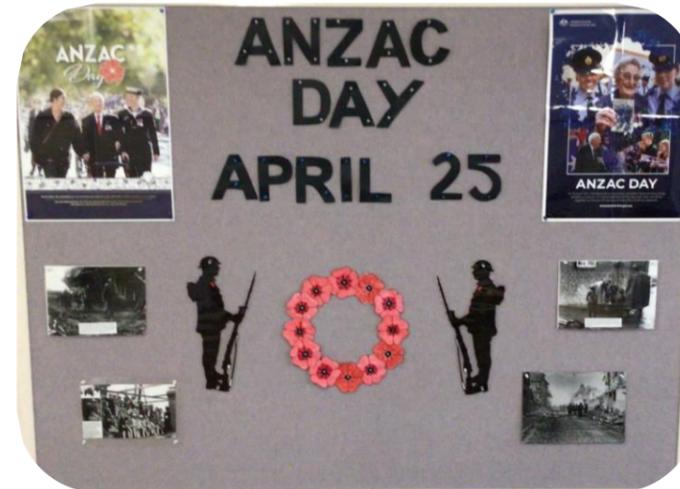
40 YEARS OF MARRIAGE.....A married couple in their early 60's was celebrating their 40th wedding anniversary in a quiet and romantic little restaurant. Suddenly a tiny yet beautiful fairy appeared on their table. She said, "For being such an exemplary married couple and for being loving to each other for all this time, I will grant you each a wish." The wife answered, "Oh, I want to travel around the world with my darling husband." The fairy waved her magic wand and – poof! – two tickets for the Queen Mary II appeared in her hands. The husband thought for a moment, "Well, this is all very romantic, but an opportunity like this will never come again. I'm sorry my love, but my wish is to have a wife 30 years younger than me." The wife, and the fairy, were deeply disappointed, but a wish is a wish. So the fairy waved her magic wand and poof!....the husband became 92 years old.

The moral of the story. Men who are ungrateful should remember that fairies are female.

Hairdresser TASH'S HAIR SALON

Tash has the hairdressing salon open on a Tuesday.

All requests for appointments can be made through Lifestyle.



ANZAC DAY 2024

Yackandandah Health would like to invite you to attend our ANZAC Day service to be held in the Flagpole garden at Yackandandah Health.

WO1 Racheal Sheppard will join us to remember The Fallen on ANZAC day.

The service will begin at 9.45 and we would love to see you here.

COVID update.

The winter season is fast approaching so please when visiting your loved ones consider all the safety precautions.

- Negative RAT test prior to entry.
- Always wear your face mask.
- Practice good hand hygiene.
- Vaccinations are up to date.
- And if you are unwell, consider delaying your visit until you are well again.

Monday 8th April

9.15 – Exercises Walk News & Discussion
10.45 – Book Club
11.00 – Footy Tipping
1.30 – Bingo

Tuesday 9th April

HAIRDRESSER

9.30 – Resident Relative and Friends Meeting
2.00 – Knit & Natter

Wednesday 10th April

COOKED BREAKFAST

9.30 - Cooking with Tracey
2.00 – Sing-along with the Ukandandah Ukulele Club

Thursday 11th April

10.30 – Prayer Service
Fth Tony Shallue
Hand and Nail care
2.00 – Tai Chi & Quiz

Friday 12th April

The Little Shop & Coffee shop open
1.30 – Carpet Bowls

Saturday 13th April

Poppy Only

10.00 – News & Discussion in the Sunshine
1.30 – Movie

Sunday 14th April

Poppy Only

10.00 – Sunday garden walks
1.30 – Quiz & Trivia

